

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 35054, Octopus (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	84.00	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	236	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	12.30	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	0.80	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	1.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Minerals													
Calcium, Ca ¹	mg	35	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Iron, Fe ¹	mg	4.90	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

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Phosphorus, P ¹	mg	158	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn ¹	mg	1.43	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu ¹	mg	0.370	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Manganese, Mn ¹	mg	0.021	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin ¹	mg	0.030	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.040	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	2.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU ¹	IU	0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Lipids													
Fatty acids, total saturated ¹	g	0.200	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated ¹	g	0.200	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol ¹	mg	41	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993